



MEDICAL REFERRALS

Direct you to medical help if needed



NUTRITION EDUCATION

Learn How to Create Healthy, Affordable Meals



BREASTFEEDING

Get Help Feeding Your Baby



HEALTH SCREENING

Regular Growth and Weight Checks



COUNSELING

Individual Counseling Is There When You Need It.



PRENATAL NUTRITION

Give Your Baby a Healthy Start

WIC Helps You Help Your Family

WIC gives you a hand so that you can give your family what they need. From food vouchers to medical referrals to breastfeeding counseling, WIC provides food and so much more. WIC is available to pregnant woman, postpartum women, infants and children up to the age of five within current income guidelines.

Current Income Guidelines

	Weekly Gross Income	Monthly Gross Income	Yearly
1	\$320.00	\$1,385.00	\$16,613.00
2	\$432.00	\$1,869.00	\$22,422.00
3	\$543.00	\$2,353.00	\$28,231.00
4	\$655.00	\$2,837.00	\$34,040.00
For Each Additional Family Member, Add:			
	+\$112.00	+\$485.00	+\$5,809.00

For more information or to schedule an appointment, call your local WIC office or call **1-888-WV-FAMILY** for the office nearest you.

